**Health & Physical Education**

**Health:**

This year we are using

**“Real Food, Real Nutrition: A Healthy Nutrition Curriculum” By, Earthley**

True healthy eating is about whole, real, unprocessed foods. Real Food, Real Nutrition teaches kids in a fun, entertaining way about the history of our food industry and how nutrition information got all messed up -- and what real healthy eating is. It encourages them to choose real food and explains the benefits of a variety of different foods. Each chapter has an information section, followed by a story that makes it relatable. There are questions that encourage students to think critically and do follow-up research, videos to extend their learning, vocabulary words, and activities! Students learn in a fun and hands-on way all about how (and why!) to eat healthy.

In this, students will learn:

* Section 1: The Truth about Eating Healthy
* Chapter 1: How Did "Healthy Eating" Get So Messed Up?
* Chapter 2: A Commonsense View of Healthy Eating
* Chapter 3: What's Wrong with Unhealthy Food?
* Chapter 4: The Macronutrients
* Chapter 5: Eat Your Vitamins
* Chapter 6: Take Those Minerals
* Chapter 7: Probiotics and Gut Health
* Chapter 8: Additional Resources
* Section 2: Get the Kids in the Kitchen
* Chapter 9: Grocery Shopping and Meal Planning
* Chapter 10: Skills for Young Chefs
* Chapter 11: Kid-Friendly Recipes

**Physical Education:**

This course is Teacher led at Above & Beyond Homeschool Co-op. Students will learn how the human body moves to perform a variety of physical activities. Students learn the health-related benefits of regular physical activity and the skills to adopt a physically active healthy lifestyle. Students learn to work as a team, develop healthy personal fitness habits, and set fitness goals now and throughout their lives. It includes the study of physical development concepts and principles of sport and exercise as well as opportunities to develop or refine skills and attitudes that promote lifelong fitness. Students will be participating in various sports throughout the school year.